

# My Medicine Record

For: _____	Last updated: _____
Allergies: _____ _____ _____	Doctor: _____ _____
	Pharmacy: _____

## Medicines

① Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
\_\_\_\_\_  
How to take it (how often and how much):  
\_\_\_\_\_  
\_\_\_\_\_

② Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
\_\_\_\_\_  
How to take it (how often and how much):  
\_\_\_\_\_  
\_\_\_\_\_

③ Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
\_\_\_\_\_  
How to take it (how often and how much):  
\_\_\_\_\_  
\_\_\_\_\_

④ Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
\_\_\_\_\_  
How to take it (how often and how much):  
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\_\_\_\_\_

⑤ Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
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How to take it (how often and how much):  
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\_\_\_\_\_

⑥ Drug and dose: \_\_\_\_\_  
What it's for: \_\_\_\_\_  
\_\_\_\_\_  
How to take it (how often and how much):  
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